

CAMBRIDGE REGION

# GreenWave

The Local Alternative

OCTOBER-NOVEMBER No4

ACUPUNCTURE EXPLAINED  
ANIMALS & AGRI-BUSINESS  
UTOPIAS REVIEW



PLUS LOCAL CONTACTS & EVENTS

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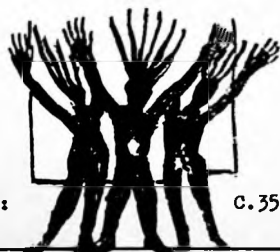
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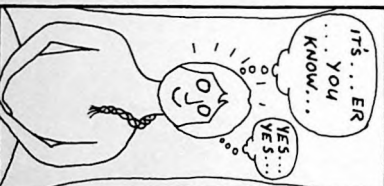
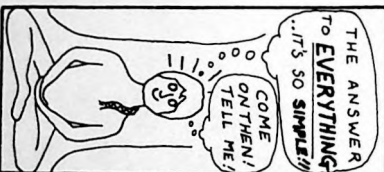
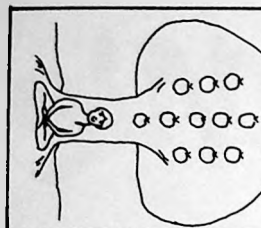


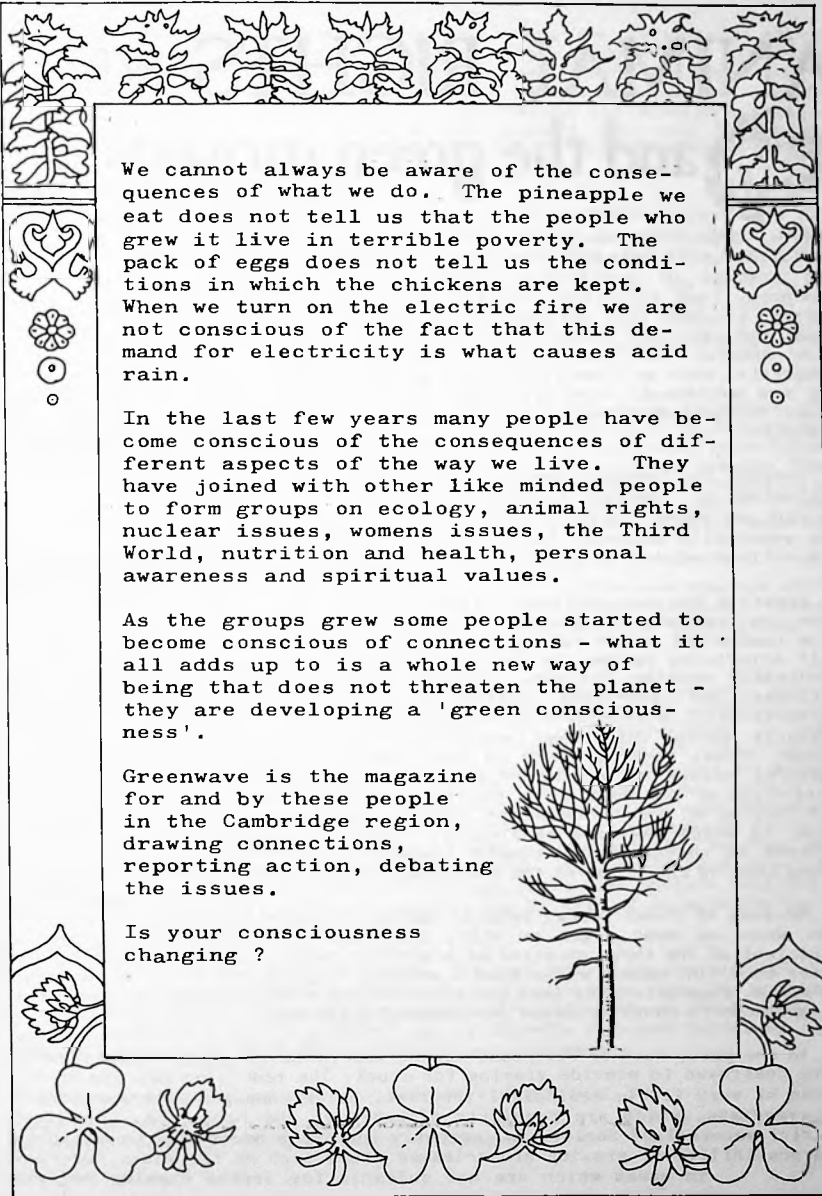
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C.350917

## PHRONOTIS TREE

PRESENTS:  
'THE  
DIVIDED  
SELF'





We cannot always be aware of the consequences of what we do. The pineapple we eat does not tell us that the people who grew it live in terrible poverty. The pack of eggs does not tell us the conditions in which the chickens are kept. When we turn on the electric fire we are not conscious of the fact that this demand for electricity is what causes acid rain.

In the last few years many people have become conscious of the consequences of different aspects of the way we live. They have joined with other like minded people to form groups on ecology, animal rights, nuclear issues, womens issues, the Third World, nutrition and health, personal awareness and spiritual values.

As the groups grew some people started to become conscious of connections - what it all adds up to is a whole new way of being that does not threaten the planet - they are developing a 'green consciousness'.

Greenwave is the magazine for and by these people in the Cambridge region, drawing connections, reporting action, debating the issues.

Is your consciousness changing ?



# ANIMAL RIGHTS

## and the green movement

Modern industrial societies depend to an enormous extent upon the exploitation of animals: laboratory animals are employed in development and testing of pesticides, herbicides, drugs, cosmetics, household products, food additives. Animals are subjected to intensive (battery) farming in order that agribusinesses can become more profitable. They are used, and sometimes abused in order to provide entertainment. Wild animals face massive destruction of their natural habitats to provide raw materials, such as timber; to provide more arable land; or to make space for new buildings. Animals which compete with humans for resources, or whose bodies carry valuable furs, meat or oil, are liable to summary execution.

Besides the inherent immorality of a philosophy of life which regards all beings of "foreign" species merely as objects to be used or destroyed to suit our whims, there is increasing evidence that this sort of attitude can eventually endanger humanity itself, as the world's ecosystems are gradually stretched to breaking point.

Possibly the most serious threat to our environment in Britain comes from the tremendous pressures to squeeze greater and greater production from land which cannot safely sustain such yields. Hedges are removed and soil structures damaged by reliance upon inorganic fertilisers, so that eventually erosion follows, leading to permanent loss of fertility. Wetlands and low-lying pasture are drained, forests cut down. Paradoxically, a reduction in our dependence upon animal products could actually reverse this trend towards "Prairie farming" of huge acreages of cereal crops. Feeding grain to intensively-kept livestock is a highly wasteful method of producing food for humans. Any animal must use a proportion of the food which it consumes to provide energy for movement and control of body temperature. Body tissues are in a constant state of flux, in which they are continually broken down and re-fashioned; food protein is therefore not simply deposited as flesh, but is constantly being lost by excretion of the end products of this remodeling.

Because of these facts, several pounds of grain are needed to produce one pound of meat, eggs or milk, production of meat being the least efficient of the three in terms of grain use. Hence, greater reliance upon plant food for humans would mean a smaller requirement for land put down to grain, thus releasing land for wildlife and allowing marginal land such as wetlands to continue under low-intensity grazing.

In the past, much of our broad-leaved woodlands and native pine-forests were destroyed to provide grazing for stock. The resulting pasture is now often of very little ecological interest, being composed of monocultures of rye-grass, which are regularly ploughed up and re-seeded. The Vegan (strict vegetarian) Society is currently funding a project to investigate the possibility of growing broad-leaved trees such as the alder for fuel in areas which are not suitable for arable farming and are currently under "improved" grassland.

A second major threat to our environment comes from the wasteful nature of modern "consumer" societies. Manufacturing companies vie with each other to produce new products in order to tempt us to buy more than we need. Every new chemical substance will be tested upon animals, usually rats, mice and dogs, and usually by force-feeding the substance until a dose which will cause death is found. Clearly the need to reduce unnecessary consumption and the need to protect animals from a painful end for commercial profit go hand in hand.

Even in the field of medical research many experiments are done for commercial reasons, rather than from the desire to save human life, (roughly half of all UK experiments are carried out by commercial companies.) Frequently, it would be possible to reduce the numbers of animals used if competing firms were to share their experimental data. At present, it is not even possible for the Home Office, which licences experiments, to refuse permission for an experiment because another firm has already applied to do the same test.

The resulting duplication and multiplication of drugs increases the cost of health care, encourages unnecessary consumption of medicines and increases the dangers of unexpected side-effects. No animal experiment offers 100 % reliability in terms of prediction of effects on humans. This may represent an acceptable risk for an entirely novel and potentially life-saving medicine, but it is clearly not acceptable where a new medicine is designed to treat a trivial illness, or one for which safe and effective treatments already exist.

Research can also pose a significant threat to endangered species where these are used as subjects (for example the International Primate Protection League has highlighted the pressure on wild populations of chimpanzees and gibbons.)

Animal Aid seeks to publicise the ways in which our society abuses animals, and the solutions which are available to avoid such exploitation. The Cambridge branch has organised peaceful demonstrations, letter-writing campaigns to MP's and local and national papers, and distribution of informative leaflets. We also try to encourage alternatives to animal abuse by encouraging the spread of vegetarianism and veganism, collecting money for charities which support non-animal research, and upon occasion, by ourselves acting as subjects in biomedical research projects which do not use animals. Individual members have organised the feeding and neutering of feral cat colonies in Cambridge (in association with the Cat's Protection League and the Cat's Collective). Some members have taken part in peaceful direct action to disrupt the killing of animals for sport by local hunts.

Clearly, without political change, we can only hope to scratch the surface of this vast problem. However, it is our hope that the combined efforts of compassionate and concerned individuals from all parties will make it possible to end the sufferings of animals at human hands. We look forward to the support of the expanding green movement.

Rosemary Rodd, Scientific Adviser Cambridge Animal Aid

(Enquiries about the Cambridge Branch of Animal Aid may be made to Joan Court, Chairperson, 74, Sturton St. Cambridge.)



# Planting at Molesworth

Winter wheat will be planted on OCT. 20th. Please bring non perishable food for shipment to ERITREA.



Molesworth, on the Cambs/Northants border, is to be the next site for Cruise missiles. Two projects - the planting of "Wheat for the Starving" and the erection of "Eirene", an all faiths peace chapel have been under way all year.

A Green Gathering was held there at the end of august, HELEN GLOVER was there.

## SOWING SEEDS FOR A NEW COMMUNITY?

The appeal of a green gathering on a USAF base was what drew me, together with the inspirational new factor of the wheat planting and the chapel building. Going to Molesworth seemed to offer me the chance of drawing together, in myself, two elements that had seemed to be acting separately: the one, of political protest, and the other, my intuitive sense of belonging to the green.

What I have observed at Molesworth is a drawing together of threads even more diverse than those. I felt I saw the ferment and struggle from which the basis of a free society will in time evolve. High-flown talk, no doubt; for the camp also has, and appears as, a kind of scarecrow collection of ragged shelters flapping in the Eastern gales. Black leather and attos meet sports shirts, punk clothes and no clothes at

~~~~~

all; Veggieburgers meet Mars bar cakes; university educations meet the lore of the road and of the tinker's waggon; Quakerism meets Tarot and the occult. Anarchy meets organisation (or vice versa); "pagan" and "Christian" begin what is to be a volcanic dialogue; and meditation meets drugs (and again, vice versa).

I enjoyed working toward the chapel-building. This and the ploughed fields gave me a sense of permanence and stability. But I also recognise, and relate to, the culture of the fairgoers, and its pagan foundations not dependent on any dedication ceremony such as the chapel received; and I ask myself whether such deep and invisible roots cannot also be a basis for a permanent community.

What I personally had the most difficulty in co-existing with was the loud electric music, and not only because of the noise. Every night from my tent I felt a huge dome of artificial sound, shielding the gathering from what to me would be its true sense of connection with the cosmos. Only on the "acoustic only" nights did I feel I could exhale the day and contact the dome of the night sky and stars. I don't fear the night, nor its awe-bringing sense of my own smallness. To me, the unnatural amplification of the human voice, the bright lights till dawn, give us illusions of grandeur, and are ways of pretending that the night side of life doesn't exist. I loved the people of the fairground night and I don't deny their present need for drugs, electric lights and colours; but dependence is pure illusion, and makes you as helpless as a moth fluttering about a lamp. The solution lies with the minstrels, troubadours and travelling players, eventually!

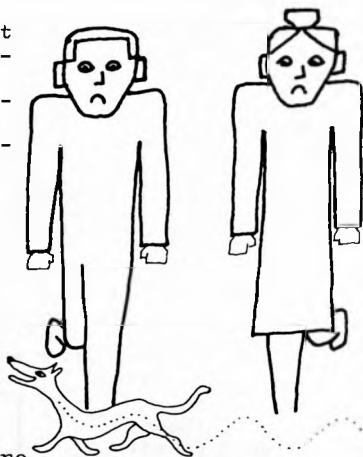
What is green? Among other things, it has to do with self-motivation, and learning to act independently of any authority other than one's own. One day at Molesworth, the small boy who accidentally set fire to the haystack was brought before the site meeting by his mother to own up - as he bravely did. I was surprised to see that there were people who, shocked by the flames and fire engines, perhaps, had suggested dragging him round the camp to proclaim his guilt. The same freedom-loving revellers! In my view no adult has the right to set him or herself up as the judge over another, ever, and especially not over a child. However, to develop a truer sense of authority is a slow process which needs safe surroundings free from the old social forms. Can the "Albion Free State" offer that safe environment?

As I learnt, the threat to the gathering is not the M.O.D. police, nor the eviction order, but the old forms and the illusions that we take there with us unconsciously.

More recently our 'high achievers' have been receiving active training in this type of thought. Those of you who followed the Olympic games on T.V. may have noted a number of the athletes referring to the significance of visualising the desired jump or throw, as part of their technique and observed their various 'rituals' for 'psyching themselves up' for the big moment.

It is rather as though we had all been living in some strange land from Gulliver's Travels, where everyone gets around by hopping on one leg, all insisting to one another that, in fact, one leg is all that we have. Those brave souls who have stepped outside 'normal' behaviour, by using two legs have tended to be branded as mad (sub-normal) genius (super-normal) or 'artistic' (somewhere between the other two, but distinctly abnormal).

Just as hopping on one leg must result in one withered and useless leg, so too, the mental capacities which are never developed or exercised, atrophy and become less and less available to us, to the point where we can ignore their very existence. The waste of human potential, is one we can ill-afford, since we are now in a situation where, as one commentator has expressed it "people with rather limited consciousness now have the power of gods, both to create life, and to utterly destroy."



A Green consciousness is not simply a question of what we are conscious of, but of the way in which we are conscious. The problems bequeathed us by decades of 'hopping' can only be tackled by those who are able to run, jump and dance. What our up bringing failed to supply we are left to find for ourselves, whether we work individually or in self-help groups, with meditation techniques or through the sort of workshops which are listed in our events section.

While the popular image of 'normalcy' may lag behind, it is left to those whose concern is for the future to step beyond the prejudices of the present and move onwards, towards a Green consciousness.

Mark Palmer

REFERENCES: Huxley, Aldous "Island" Panther Books 1976  
Russel, Peter "The Brain Book" Routledge &  
Kegan Paul 1979



# ***In place of Poisons***

The Henry Doubleday Research Association is an association of gardeners who work without chemical fertilizers or poison sprays.

This information is gleaned from their leaflet which is based on the experiences of their members and experiments in their own gardens or at the Trial Ground.

They describe themselves as "the keenest, most practical and most helpful compost-gardeners' association in the world" and will gladly send details to anyone sending a large s.a.e.

They explain that all pesticides are not bad. The bad ones are the organo-chlorides which do not break down biologically and so build up in the food chain. Derris and pyrethrum are safe natural pesticides which decompose rapidly.

Simply spraying with a poison (even safe ones) however fails to recognise that there are two types of insects - the vegetarians (among these are the ones actually attacking your cabbages!) and the predators, who eat the vegetarians. The predators are therefore the gardener's friend (and include ladybirds, hoverflies and beetles). Since they tend to be (a) larger, (b) fewer and (c) take longer to grow than their prey, a general spray will tend to wipe them out, leaving the vegetarians to recover with no natural controls. This is why ever-increasing doses are required these days.

The safest pesticide is Quassia - it does not kill ladybirds or bees. It is chips of the wood of *Picrasma quassioides* and can be obtained from chemists because it is still used by District Nurses to kill nits in children's hair!

The cheapest pesticide is nicotine - and can be made for nothing by boiling  $\frac{1}{2}$  lb of ashtray emptyings in 1 gallon of water for  $\frac{1}{2}$  hour. Strain the liquid through a pair of tights and dilute with 4 parts of water. This is powerful so should only be used for tough things like weevils and caterpillars. If you must spray something flowering, do so in the evening so that the nicotine is harmless by the time the bees wake up.

Further info: HDRA, Convent Lane, Bocking, Braintree, Essex. ●  
CM7 6RW

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## **CALLING ALL ARTISTS/ILLUSTRATORS**

We think Greenwave needs more pictures  
and drawings.

If you can help, phone Mark on  
C. 861749.

# **☐ NATURAL HEALTH SERVICE**

## **An Introduction to Bio-dynamic Massage**

### Origins

The different biodynamic massages form one of the approaches to healing developed by the Norwegian, Gerda Boyesen. Her initial study was psychology and, at the same time, she underwent analysis with Ola Raknes, who had been trained by Wilhelm Reich. Later her fascination with the relationship between mind and body led her to train as a physiotherapist. And from these studies, her own therapeutic process and careful observation of clients over many years, emerged her own theories which are embodied in Biodynamic Psychology. (See Reality Checkpoint article by Clover Southwell.)

### Some Basic Principles of Biodynamic Psychology

Biodynamic psychology rests on certain assumptions about human beings. Firstly, the mind affects the body and vice versa; there is a precise and direct relationship between mind and body functions. Secondly, all beings have an energy system in the body and surrounding aura. This is called bio-energy and is the force of bodily life. It is the chi or ki of other systems. Thirdly, beings have the capacity to self-regulate and self heal.

The digestive system plays a vital role in this healing process. Not only does intestinal peristalsis (the movements of the intestines) digest food, but it also has a second function of regulating bio-energy in the body, and dissolving and discharging tensions and residual waste products of psychosomatic origin. The latter function is called psychoperistalsis because it affects and is affected by psychological pressures. In emergency situations psychoperistalsis is inhibited or 'closed' to enable action or outward expression. In healthy individuals, when the emergency has passed then psychoperistalsis recommences. However, most of us live such stress-laden lives with few opportunities to relax and unwind that this natural, healing 'open' psychoperistaltic action has been lost.

### The Massages

Biodynamic massages all seek eventually to restore healthy psychoperistaltic functioning and the free flow of bioenergy throughout the body. In many cases this is possible with only a few sessions. Often the therapist will use a stethoscope on the belly to listen to the noises of the psychoperistalsis for each touch of the hand on the body has an immediate corresponding sound in the belly. In fact, there is a rich language of sounds indicating blockages in the energy system and parts of free flowing energy.

The therapist works in co-operation with the client encouraging the release of tensions, sometimes by giving expression to forgotten feelings trapped in the musculature, at other times encouraging deep relaxation.

None of the massage techniques are painful, and all should feel enjoyable in different ways. They are suitable for those who wish to give themselves a pleasurable experience; for those with apparent difficulties manifesting as asthma, migraine, rheumatoid arthritis, hypertension, depression and anxiety states; and for those undergoing psychotherapy to help integrate experience and to gradually soften body armouring. A session lasts for fifty minutes and is currently available in Cambridge.

Gill Westland

ADVERT

## GESTALT ART WORKSHOPS

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A day of exploration into who we are, where we are and how we are. A workshop for allowing our childlikeness and innocence to emerge - with room to breathe and play! We shall use paint, clay, pastels, collage, music, meditation, movement, fantasy and direct Gestalt techniques to discover our true creative selves, and refresh our ability to see, hear, touch, move and relate. This course is for those who love to create as well as those who want to freely express themselves, yet feel inhibited by hesitation and self-criticism.

It will provide an experience which, depending on your needs, may be interpreted as emotional growth, creative/aesthetic insight, therapy, or simply an opportunity for spontaneous self expression and enjoyment.

Cyril Mount has worked with the visual arts in higher education for 24 years. He is a qualified art therapist and counsellor and has been involved in various aspects of the Human Potential movement for the past 11 years. He has recently conducted similar workshops for the Open University and Cambridge Institute of Education.

Cost £9· includes materials

The Studio, 28 Thompsons Lane, Cambridge  
(telephone 212609 before 9 after 7)

for further information & booking

# **NATURAL HEALTH SERVICE**

**ACUPUNCTURE . . . . .** three Cambridge acupuncturists have contributed articles about some aspects of their practice.

CAROLINE ROOT IS ONE OF A TEAM OF FOUR ACUPUNCTURISTS PRACTISING AT THE CAMBRIDGE TRADITIONAL ACUPUNCTURE CLINIC. ALL THOSE WORKING HERE COMPLETED THE THREE YEAR TRAINING COURSE AT THE COLLEGE OF TRADITIONAL CHINESE ACUPUNCTURE AT LEAMINGTON SPA. HERE CAROLINE WRITES ABOUT:

## ***Traditional Acupuncture***

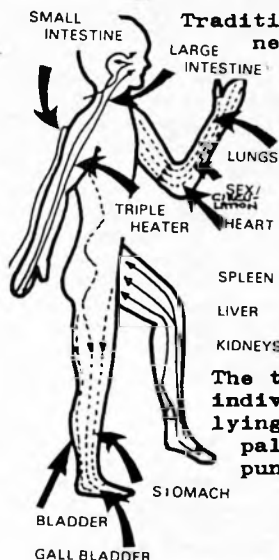
Throughout the long history of its use as a healing art, acupuncture has been practised in a variety of ways. The proliferation of practitioners of acupuncture in Great Britain at the moment is exciting, but it is also confusing. How does the potential patient know what kind of treatment they are going to receive ?

Essentially, three main uses of acupuncture are practised in the west today: Acupuncture analgesia which is the use of acupuncture techniques to provide straightforward pain relief; symptomatic acupuncture which works on the principle of treating a western-named disease or symptom with a specific formula of acupuncture points, and traditional acupuncture which aims at correcting the underlying energetic imbalance within the individual which is seen as the fundamental cause of their problem.

Common to all traditional practitioners is a stress upon the understanding of ch'i energy and its free flowing through the human body. When a person is in good health this is recognised as being a dynamic state of energy balance within them, and it's only when this harmony is disturbed, that illness can arise. But within traditional acupuncture there are also differing emphases. The acupuncture which we practice at the Cambridge Traditional Acupuncture Clinic is faithful to the spirit of the classical texts on which our skill is based. The Chinese saw the movement of the material world characterized initially in the complementary forces of Yin and Yang, and in the relationship of



what are known as the five Elements or Transitional Phases. Both of these describe a cyclical movement with direct analogies to the natural rhythms of heaven and earth which the Chinese observed around them, and which are still the same over 3000 years later. For the Ancient Chinese, the human being was a microcosm of the universe, subject to the same natural laws and reliant upon the unimpeded flow of ch'i energy between Yin and Yang and through the 5 Elements. Today we recognise the continued validity of this vision, and our role as practitioners of traditional acupuncture is to assist this free flow by means of treatment of acupuncture points along the body's lines of energy or 'meridians'



Traditional Chinese Medicine draws on a richness of human understanding and an observation of the natural world which allows patients to be treated as complete human beings rather than merely as labelled symptoms. The initial consultation at our clinic is conducted in such a way that the practitioner gets to know the patient as a real person and learns how the condition has arisen in the context of his or her life. Two patients might seek treatment for exactly the same named symptom, but because of their different energetic states, they would be experiencing it completely differently.

The treatment is necessarily unique to the individual and attempts to resolve the underlying cause of the condition, as opposed to palliating the symptom. Traditional acupuncture treatment is therefore recommended as much for its preventative value as it is for helping when energetic imbalance has actually resulted in a medically definable problem.

For further information please call C 323473 or send a S.A.E. to Cambridge Traditional Acupuncture Clinic, 2 Leys Avenue, Camb.



There are two tapes in the Central Library entitled "Talking about Acupuncture" which are a recording of a lecture about traditional acupuncture given by Prof. Worsley, founder of the College of Traditional Chinese Acupuncture, Leamington Spa.

and now -

FOR SOMETHING A BIT DIFFERENT..

# Electro-Acupuncture

ROSIE STANNING SRN., TRAINED IN ACUPUNCTURE WITH THE SOCIETY OF BIOPHYSICAL MEDICINE, COURSE OPEN TO SUITABLY QUALIFIED MEDICAL PERSONNEL. HAVING RECENTLY MOVED TO CAMBRIDGE, SHE HAS CONTINUED TO PRACTISE NEAR BEDFORD & WILL BE OPENING A PRACTICE HERE IN THE NEAR FUTURE.  
(ROSIE AND MIKE HAVE JUST PRODUCED GREENWAVE'S FIRST BABY)

The basis on which acupuncture works, is energy imbalances. This 'energy' is our life energy and it circulates round the body following distinct pathways known as the meridians. It is not a nebulous airy-fairy energy: it is actually present, physically measurable; dead things do not have it.

In 'complete health' the energy flows freely. In daily living for most of us imbalances occur. Each of us has a different constitution and weaknesses in our systems, we are all subject to environmental pollution, various toxins, and stress, which take their tolls. The natural frequency of our bodies is that of the Earth, about 10 Hz, but with exposure to the high frequency electrical equipment that most of us live with and to artificial materials, these imbalances are compounded.

Imbalances occur between the top and bottom halves of the body, and between left and right sides, as well as in the individual meridians. Modern acupuncture takes advantage of technological advances and equipment now available to assist diagnosis and reach an accurate and objective understanding of the state of energy. The flow and level of energy can be measured electrically using an electronic meter which is very sensitive. Kirlian photographs are an even better way of seeing this energy if one has access to a Kirlian camera.

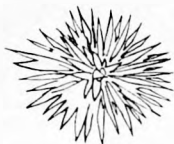
The term electro-acupuncture refers partly to the method of measurement and point-finding using a meter, but also to the method of treatment where an electrical current is applied to acupuncture points. This can be done directly with a probe, or via clips attached to the needles. It is a very useful adjunct. Electro-acupuncture, when used



DR PHUNG LY (MD MRCS LRCP MB AcA)  
QUALIFIED AS A GYNAECOLOGIST IN  
VIETNAM IN 1972, THIS BEING FOL-  
LOWED BY ACUPUNCTURE TRAINING  
BETWEEN 1976 - 1978. DR LY  
CAME TO THE U.K. AS ONE OF THE  
VIETNAMESE BOAT PEOPLE IN 1980  
AND TOOK THE BRITISH EXAM WHICH  
ALLOWS DOCTORS FROM FOREIGN COUN-  
TRIES TO PRACTISE IN THE U.K.  
DR LY NOW PRACTISES TRADITIONAL  
ACUPUNCTURE IN CAMBRIDGE AND IN  
THE AUTUMN WILL BE RUNNING AN  
ACUPRESSURE TRAINING COURSE HERE.

HERE SHE WRITES ABOUT ONE ASPECT  
OF HER WORK:-

# So you want to **STOP SMOKING?**



Smoking has been called 'the largest avoidable cause of premature mortality and preventable morbidity in the developed world'. Most smokers find it extremely difficult to give up because it becomes a habit which relates to most of their activities: having a cup of tea, after a meal, or watching the television. Some smokers think of it as a close friend, a quiet friend who is there anytime when they need it - it never argues, or makes them cross but always helps them get over the stress, the difficult times.

Some smokers have had the motivation to quit cigarettes after they have had chronic bronchitis or some kind of vascular disease, but still feel it difficult to give up. Most people who attempt to stop smoking without help, relapse within a day or two.

What does acupuncture do to help the smoker ? Is it a miracle which can change a habit ? No, certainly it is not. In order to understand how it can work for the smoker, we need to know something about acupuncture. Acupuncture is based upon an ancient Chinese concept of 'holism'; of five elements; and the balancing of yin and yang.

The concept of 'holism' views human beings, not only in relation to our own integral totality of body, mind and spirit, but also as microcosmic expressions of a universe whose characteristics are inherent in every organism and in every process. Health is viewed as the maintenance of harmony between ourselves and this universe, while the disharmony causes illness. A free and balanced flow of energy in the body, expresses harmony and health, while a blockage of this energy indicates illness.



There are two sources of energy: one is inherent energy which is transferred from the parents, the other comes from the external sources which are the sun, the air, food, and the environment. The body has its own natural function to convert the external energy into internal energy in order to regulate the body functions.

Cigarettes are one of the external energetic sources for smokers, so that when under stress, or depressed, people smoke more. When they stop taking tobacco, this intake of energy which in turn causes the imbalance that appears as withdrawal symptoms: irritation, anxiety, depression, lack of concentration etc.

Acupuncture is a method of balancing energy. It helps to lessen the strain of the withdrawal period and also helps to change the taste in the mouth and so there fore helps lessen the craving for food. The whole treatment is five sessions for a period between ten weeks.



**Please don't teach your children to smoke.**

od of balancing lessen the withdrawal period change the and so there- craving for course of sessions for a days to two

The success rate is quite high, in my own experience it is about 90%. Acupuncture is a supportive therapy - the main thing is an understanding about the side-effects of tobacco and the will power to give up smoking.

THE BRITISH ACUPUNCTURE ASSOCIATION - has a register of medically trained doctors, nurses, physiotherapists etc. who have also had some training in acupuncture.

THE TRADITIONAL ACUPUNCTURE SOCIETY - has a register of those who have qualified - mostly at their college in Leamington Spa.

THE REGISTER OF TRADITIONAL CHINESE MEDICINE - is a list of acupuncturists who have qualified with the college in East Grinstead.

THE REGISTER OF BRITISH ACUPUNCTURISTS - is a compilation of qualified acupuncturists from the above three registers - and who are bound by a code of ethics

## SMALL ADS. SECTION

### **MILKING NANNY GOAT.**

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## THE UNEMPLOYMENT EXCHANGE

By early in the new year we are hoping to have funding to expand the Green Exchange to a phone-in service whereby people offering goods, skills and services on a barter / exchange basis can ring us up and, with the help of our little green computer, find out there and then who wants what they offer - or who offers what they want.

Though available to all, the service will be aimed particularly at the unemployed and will be accompanied by an extensive publicity campaign. We believe that one of the most immediate ways we can respond to the excesses of commercialism and profiteering is to remove ourselves from it as far as possible. The Green Exchange, we hope, will provide a stimulus for a flourishing non-cash economy in the region.

The project needs keen and able people to make it work. If you're interested, please contact Mark, c/o Greenwave, or ring him on C. 861749.



Sarina Larive holds a Doctorate in Metaphysics from the Esoteric Philosophy Center in Houston, Tx. She has been a serious student of metaphysics since 1973 and a teacher, lecturer and professional consultant since 1975. She is a member of the Association for Past Life Research & Therapy in California and has trained with Dr. Helen Wambach for past life regression work in addition to training local teachers in this technique. She is working to integrate esoteric systems with modern psychology.

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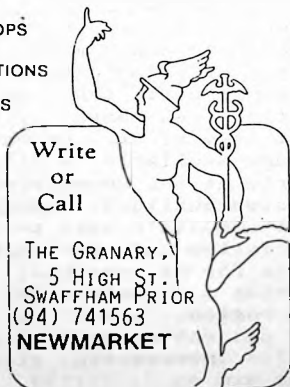
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# Music Makers Co-op

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As Cambridge has always provided a cramped environment for its musicians, the nucleus of the Cambridge Co-operative Music Makers have worked for over a year towards the formulation of a studio providing maximum convenience, space, demo and professional record quality facilities; to be run co-operatively by musicians.

With the invaluable help of the Co-operative Development Agency, work has already begun on the premises at 4A Russell St., just off Hills Rd. (ready early October). The studio has its own parking facilities and direct access into the recording area from vehicles outside. The co-op's main aims are:- To keep rates as cheap as possible; To provide ample rehearsal as well as recording time; Better and more sympathetic production; To maintain broad availability to dance, theatre, political, schools and educational groups interested in putting a message across on tape; To educate people (particularly women) in the uses of recording techniques; To re-invest profits to provide better facilities.

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GOOD LUCK AND MAY  
THE WAVE BE ALL  
AROUND YOU!



## Reform or Revolution?

Prudence Jones

So the miners' dispute drags on and on. The Prime Minister said on August 31st that dealing with it was "like treading on eggshells". Well, dealing with the forces of one's Saturn return always feels like that. We can only hope that she has enough support from less rattled members of the Cabinet (see GREENWAVE no. 2) to enable her to make wise decisions. But this is not just about the Prime Minister's horoscope. What is going on in the universe out there?

On 28th August, Pluto, planet of the darker side of life, including the ruthless faculty of insight in each one of us, entered its own sign Scorpio for good, or rather until 1995. On that day it was announced that the Government is going to take legal proceedings to evict the Greenham women; and more generally everyone everywhere, of whatever political persuasion, had to face up to the practical implications of the dark forces - ranging from nuclear energy, sado-masochism, Devil-worship and the Yorkshire Ripper (a Christian fanatic if I remember rightly), to financial interest rates, mining and sewage work, surgery, healing, the Channel tunnel and other underground matters - in their own lives. Decisions that were made on 28th August will bear fruit on 23rd to 27th October and 8th to 10th November this year. Pluto can show us how to get new life out of old, and the stars are hardly to blame if we bungle the opportunity.

The whole show really gets under way when Neptune, planet of light, bliss and idealism, goes again into the earth sign Capricorn on 21st November. In GREENWAVE 1 I outlined the hoped-for effect on farming, nutrition, the financial and social Establishment, and ecology. Neptune also has a particular link with socialism, and the 1984 trigger-dates of 9th September, 21st to 23rd November and 6th to 9th December, plus the Christmas period, will affect us all. A reform in the Welfare State, a big change to do with the House of Lords, and an EEC directive on agriculture are all likely.

Britain is a Capricornian place, and a great change should take place, with or without riots, in the constitution and fabric of society between now and 1998, when Neptune leaves Capricorn, as happened between 1820 and 1833, the previous such cycle. Since the Pluto-in-Scorpio years affect UK trade and the balance of payments, the change could be massive indeed. It will indirectly affect the USA, ruled by the opposite sign, Cancer, which will accustom itself to having a different sort of sounding-board in the Old World. New Englanders have already found their own megaliths, so what price Stonehenge now? Perhaps a new foundation of American or Amerindian culture is possible.

The USSR, on the other hand, is Scorpionic: characterized by control and secrecy, quite a cross for an avowedly Socialist country to bear. Big changes are coming up in its constitution too over the next 15 years, with the possible death of Chernenko in late October or November, triggered, together with the deaths of Andropov and Kosygin, by the same astrological factor that accompanied the death of Stalin and that of Lenin. The long-term change, however, has to do with the exact wording of the constitution, powers of investigation, and the right to free speech.

So have a taxing autumn, folks, and just remember: this year the powers of light and of darkness are right there with you.

## COUNTRYSIDE CAMPAIGN

Concern over the ravaged countryside in the county, and determination to apply political pressure to control it, brought together many diverse environmental groups, as reported in the last issue of Greenwave. The Cambridgeshire Countryside Campaign has drawn up a Countryside Charter which is to be mailed to all district and county councillors to enlist their support. If sufficient work is done the Charter will become a voting issue at next year's county council elections.

The main areas of concern outlined in the Charter are:-

- loss of countryside to "agribusiness" with consequent loss of access for recreation and habitats for wildlife;
- declining employment opportunities;
- pollution by agricultural chemicals;
- soil erosion, conifer forestry, prairie and factory farming.

Volunteers are urgently required to help administer the Campaign in their locality - obtaining names and addresses of councillors and mailing the Charter to them, and generally promoting the Campaign. Please contact Richard Oldfield, 4 Bridge House, St. Ives.

Next meeting October 2nd at the Bath House, Gwydir St., 8 p.m. All welcome.

# Books

## Green Utopias?

In pursuing the green vision, one of the difficulties is in really seeing how the world could work in a non-patriarchal way. If we don't like the world as it is, it is still hard to put together all the bits and pieces of criticism and turn them round into something positive we actually do want.

A story where all the details are worked out can help to orient us ;better, or at least to catch a glimpse of a genuinely different sensibility. A novel contains concrete characters, concrete scenes, rather than theories and ideas. There are a number of feminist novels about the future, and recently I have been systematically trying to find them and read them. I still have another fifteen or so to go, but here are nine which I have enjoyed in various ways.

Charlotte Perkins Gilman Herland The Women's Press 1979. This is a story where three male explorers come upon an unknown land entirely consisting of women, who have learned how to reproduce parthenogenetically. The children do not have surnames. The spirit is not personalized into a God, but is present in everything. As the men try to explain patriarchal capitalism, they get more and more deeply into the mire. This is not a very convincing story, but it has a lot of delightful digs and witty sallies, and it is very easy to read. Originally published in instalments in 1915.

Ursula Le Guin The Dispossessed Panther 1975. This is much longer and more involved, dealing with the relationship between two planets, one authoritarian and capitalistic, the other anarchist. A scientist leaves the anarchist planet to visit the patriarchal one, and gets caught up in a revolution. This is very well worked out, and the details of the anarchist world are interesting, but I found it all rather dull and hard to get on with.

Joanna Russ Picnic on Paradise Berkley Medallion 1979. An adventure tale, a ripping yarn, with a woman as the central character. A good story, but not exactly what I was looking for. Originally published in 1968.

Marge Piercy Woman on the Edge of Time The Women's Press 1979. One of the best. An inspiring book. All about a mental patient who is somehow sensitive to another time, a future where ecology rules, and where they have developed mental powers enabling them to contact other times, but only through certain sensitive minds. The future outlined is very attractive, and gave me a lot to think about. The people in this book are very real, especially the central character, and the end is very moving.



Wonda N. McIntyre Dreamsnake Pan Books 1979.  
Another adventure tale with a female protagonist. The society described is based on healing, and there are some interesting characters and incidents.

Sally Miller Gearhart The Wanderground: Stories of the Hill Women Persephone Press 1979.

A series of stories, rather than a novel, but all based on the same imaginary society - a rural women's society, where spiritual development has gone a long way, next to a city run by men in a patriarchal fashion. The women are so strong that the men's guns do not work outside the city. This is a delightful story, and at one point some faint hope is held out for the spiritual development of men. Well worth reading.

Dorothy Bryant The kin of Ata are waiting for you Moon Books 1979.

A man kills a woman and drives away into the night. He meets with an accident and wakes up in a strange land. As he learns more and more of its language and customs, he gets drawn into the spirit of the place. The whole approach to language is very different: no tenses, no genders. Dreams are the most important thing in this society, and telling stories the next most important. Then he comes back, and understands the relation between Ata and his old life. Again a very well realised society, but again hard to see the connection between them and us. But well worth a read for the plunge into a different way of being.

John Varley Titan and Wizard Futura Publications 1979 & 1981  
Two novels about the same place - a planet called Gaea. This is a most extraordinary vision - an artificial world created by a goddess called Gaea, who rules it still, but who after three million years is losing her grip. The main race we meet are the Titanides, who look like centaurs. There are in effect six sexes, because each centaur has two sets of genitals, and the females have to be fertilised twice before babies can be born. The first book is the story about how the spaceship Ringmaster, captained by Cirocco Jones, comes to visit and be captured by Gaea, and how ultimately Cirocco encounters Gaea herself, and is appointed Wizard, to help Gaea to run the planet. The second book is about how Cirocco carries out her task, and ultimately revolts against it.

So we have here a job lot of books with varying degrees of female insight and emphasis, but all saying that the future is female, and giving all sorts of ideas as to what that might mean, expressed in concrete particulars rather than in the form of arguments. If we want a green future, I think we have to cultivate our imaginations as to what is possible or conceivable, and I think these books all help us to do that in one way or another.

John Rowan

# Sri Chinmoy's PEACE CONCERT

ROYAL ALBERT HALL, LONDON TUESDAY 9TH OCTOBER 1984

Sri Chinmoy is an Indian yogi, spiritual teacher and master of meditation. He has lived the last 20 years in New York furthering the aspiration for peace and spirituality. He conducts weekly meditations for delegates and staff at the UN in New York and has recently inaugurated bi-weekly Peace Meditation meetings in Congress, Washington.

Sri Chinmoy has sought the manifestation of spirituality in painting, poetry and music and his output in these arts has been prodigious. In recent years, however, he has turned to sport and principally to running, which provides a close analogy to spiritual life; both involve personal transcendence and perseverance.

This year he is holding a series of peace concerts in North America, Europe and the Far East. In March 9,000 attended the first in Cologne and many travelled from all over Germany to listen to his music which he played on the flute, esraj and cello and to meditate with him.

There are about fifty supporters of Sri Chinmoy in this country who have raised enough money to make this a FREE concert. They have raised the money by their own hard work including cooking for events such as the Glastonbury CND festival, the G.L.C. Race Relations Conference and through jumble sales.



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#### TRANSPORT

\* **CYCLE ACTION GROUP (FOE)** Mike Kenney Tel: C.68777  
 \* **INLAND WATERWAYS ASSOC.** J T Muller, 2 The Centacle Cambridge CB3 9JS  
 \* **RAILWAY DEVELOPMENT SOC** Steve Wilkinson, 52 Manor Park, Histon, CB4 4JT Tel: Histon 3981

#### WOMEN

\* **CAMBRIDGE WOMENS AID** Tel: C.354830

\* **WOMENS CENTRE (CAMB)** 49A Burleigh St. Cambridge Tel: C.313675

\* **WOMENS' RESOURCES CENTRE (CAMB)** 7c Station Road Tel: C.321148

\* **P'BORO WOMENS' GROUP** Alison Tel: P.65636. Carrie P.68106

\* **P'BORO- NATIONAL HOUSE- WIVES REGISTER** Mrs M Grove 56 Bradwell Rd. Netherton Peterborough Tel: P.26311

#### WORK / JOBS

\* **CAMBRIDGE & DISTRICT TRADES COUNCIL.** Secretary P Bailey, 20 Leys Avenue Tel: C.356876

\* **CAMBRIDGE ENTERPRISE AGENCY.** Jim Harrison 71a Lensfield Rd. Cambridge Tel: C.323553

\* **CAMBRIDGE UNEMPLOYED WORKERS ASSOC.** c/o Richard Fredman, 7 Kelsy Crescent Cherry Hinton. Tel: C.242249  
 \* **CLAIMANTS UNION** Ken Longford c/o Bath House, Gwydir St. Tel: C.69986

\* **CO-OPERATIVE DEVELOPMENT AGENCY** 71a Lensfield Road Cambridge Tel: C.60977

\* **COUNCIL for SMALL INDUSTRIES IN RURAL AREAS (CoSIRA)** 24 Brooklands Ave Cambridge Tel: C.354505

\* **SMALL FIRMS SERVICE** 24 Brooklands Ave. Camb. Tel: C.63312

\* **WORK FOR THE FUTURE** Marion Mutch, Camb Students Union, 4 Round Church Street Cambridge.

## Creative Art and Therapy Centre

This is a provisional title for the space we are hiring at 25 Gwydir Street (the old Pye site). It will be just what it says: a centre in Cambridge for creative learning activities of all sorts, including exhibitions, art classes, art therapy, sacred dance, creative astrology, equinox workshops, solstice workshops ... whatever we can organize that fans the creative spark in people. It is very much a venue for whatever people can put into it, the emphasis being on weekend workshops, one-off exhibitions, and short-term groups. One advantage of this space is that it is large: visiting group leaders, who like large groups, will be positively encouraged to advertise nationally and hold their group in Cambridge. Another advantage is that it is relatively isolated from human habitation: singing groups for non-singers should have no problems here, nor should noisy dance workshops or self-expressive therapy groups.

As this mag goes to press we have no more details than the above, but we shall be appearing soon in posters and circulars and adverts with the specific programme for the autumn. Meanwhile, for interim details, contact:

Gabrielle Oliver  
 Roy Watson  
 Prudence Jones  
 Angie Main

Cambridge 66874  
 Cambridge 811743  
 Cambridge 323299  
 Cambridge 276637

## Directory

**ACUPUNCTURE** \*Aberdy  
Clinic of Traditional  
Acupuncture, Philip Hodson,  
69 Blinco Grove, Cambridge  
CB1 4TX Tel. C. 247004  
\*Cambridge Traditional  
Acupuncture Clinic, Cindy &  
Ian Rawlinson, Caroline  
Root, Alan Hext, 2 Leys  
Avenue, Cambridge CB4 4AF  
Tel. C. 323473 \*Cathy  
Lowenstein, 38 Shelly  
Gardens, Shelly Row,  
Cambridge. Tel. C. 63482  
\*Traditional & 5 Element  
Acupuncture, Dr. Thi Phung  
Ly, 65 Hobart Road,  
Cambridge. Tel. C. 242824  
Modern & Electro  
Acupuncture \*Rosie Stanning,  
69 Cambridge Rd.,  
Oakington, Cambs. Tel.  
Histon 3200

**ALEXANDER TECHNIQUE**  
\*Helen Jeffery, Central  
Cambridge. Tel. C. 316096  
\*Jane Staggs-Watt, 31  
Whitehill Road, Cambridge.  
Tel. C. 241067 \*Dr. R.H.  
Tarmy, Woodlands, Brinkley  
Road, Weston Colville,  
Cambs. Tel. West Wrating  
695

**AROMATHERAPY** \*Peter  
Jackson, 29 St. Vincents  
Close, Girton, Cambridge.  
Tel. C. 276637

**ART-EDUCATION** \*Rhea  
Monro, CALA, 27 Warkworth  
Street, Cambridge. Tel. C.  
276500

**ART-GESTALT** \*Cyril Mount,  
4 David Street, Cambridge.  
Tel. C. 212609

**BACH FLOWER REMEDIES**  
\*Mrs. L. Baker M.F. Phys. 2  
Patmore End, Ugley, Bishops  
Stortford, Herts. Tel.  
Rickling (0799 88) 287  
\*Sujato Houwen, 54 High St.,  
Coton, Cambridge. Tel.  
Maddingley 211041 \*Roger  
Savage, 96 Blinco Grove,  
Cambridge CB1 472 Tel. C.  
242828

**BIO-DYNAMIC MASSAGE**  
\*Gill Westland, 2 Argyle  
Street, Cambridge. Tel. C.  
210240

**BIO-DYNAMIC PSYCHOLOGY** \*Clover  
Southwell, 1 Fir Tree  
Cottage, Cornish Hall End,  
Braintree, Essex. Tel. Gt.  
Sampford 595

**BIO-ENERGETICS** \*Margaret  
Dyson, 4 Kimberley Road,  
Cambridge CB4 1HH Tel. C.  
67311

**CHIROPRACTIC** \*Dr. Peter  
Millbank & Dr. Neil Broe,  
Members of British  
Chiropractors Association, 19  
Hamilton Road, Cambridge.  
Tel. C. 312020

**COUNSELLING**  
\*Cambridgeshire Consultancy  
in Counselling (Training &  
Counselling) Mavis Leighton,  
40 Church Lane, Girton,  
Cambridge. Tel. C. 276644  
\*Young People (12-35) 33  
Clarendon St., Cambridge.  
Tel. C. 316488

**CO-COUNSELLING** \*Joan  
Henriques, 34 Gt. Eastern St.,  
Cambridge. Tel. C. 210305  
(see also Re-Evaluation  
Co-Counselling)

**ELECTRO-CRYSTAL  
THERAPY** \*Mrs. L. Baker -  
see "Bach Flower Remedies"

**GESTALT PSYCHOTHERAPY**  
\*Helen McLean, 13 Oxford  
Road, Cambridge. Tel. C.  
350649 \*Brenda Biamonti, 24  
Hertford Street, Cambridge.  
Tel. C. 62691

**HERBALISM** \*Cambridge  
Herbal Clinic, 84 High  
Street, Coton, Cambridge.  
Tel. Maddingley 210077  
\*Farida Davidson,  
I.I.M.H.N.D., Bright Haven,  
Robin's Lane, Lolworth,  
Cambridge CB3 8HH Tel.  
Crafts Hill 81074

**HOMEOPATHY** \*Dr.  
Marianne B. Fitzgerald, 5  
Granary Court, Maddingley,  
Cambs. Tel. Maddingley  
211350 \*Roger Savage, 96  
Blinco Grove, Cambridge  
CB1 475 Tel. C. 242828 \*Dr.  
B.O.T. Taylor, 19 Hamilton  
Road, Cambridge. (Thursdays

only) Tel. C. 312020  
\*Cambridge Homeopathy  
Group, Details Roger Savage.  
Tel. C. 242828

**HYPNOTHERAPY** \*Sujato  
Houwen - see "Bach Flower  
Remedies" \*Regan Masters  
O.H.P., M.A.H.P., 51 St.  
Barnabas Road, Cambridge.  
Tel. C. 350036 \*John West  
L.H.I.P.P., 4 Hills Road,  
Cambridge. Tel. C. 358222

**IRIDODOLOGY** \*Farida  
Davidson - see "Herbalism"

**MASSAGE** \*Prem Arihanto,  
26 Guest Rd., Cambridge.  
Tel. C. 315270 \*Peter  
Jackson - see  
"Aromatherapy" \*Brenda  
Mallen, 25 Hemingford Road,  
Cambridge. Tel. C. 212521

**METAMORPHIC TECHNIQUE**  
\*Prudence Jones, 21 Shelly  
Gardens, Shelly Row, Castle  
Hill, Cambridge. Tel. C.  
323299

**NATUROPATHY** \*Farida  
Davidson - see "Herbalism"

**OSTEOPATHY** \*Mr. John  
Lant, D.O., M.R.O., Mr.  
Timothy Osbrow, B.Sc.(Hons)  
D.O. M.R.O. Miss Alison M.  
Stanier B.Sc., D.O. M.R.O.  
Registered Osteopaths, 206  
Chesterford Rd., Cambridge.  
Tel. C. 67661/314389

**POLARITY THERAPY** \*Peter  
Jackson, 29 St. Vincents  
Close, Girton, Cambridge.  
Tel. C. 276637 \*Cindy  
Rawlinson, 2 Leys Avenue,  
Cambridge. Tel. C. 316364  
\*Lucette Stevenson, 96  
Blinco Grove, Cambridge.  
Tel. C. 242828 \*Cathy  
Squire, 69 Blinco Grove,  
Cambridge. Tel. C. 247004

**PSYCHODRAMA** \*Barbara  
Tregear, 79 Gough Way,  
Cambridge. Tel. C. 65963

**PULSING** \*Prem Arihanto -  
see "Massage" \*Brenda  
Mallen - see "Massage"

**RADIONICS** \*Mrs. L. Baker -  
see "Bach Flower Remedies"

RE-EVALUATION  
CO-COUNSELLING \*Fenella  
Butler Tel. C. 351264 \*Elena  
Moses Tel. C. 67543

REGRESSION \*Sarina Larive,  
Doctor of Metaphysics, 139  
Thornton Rd., Cambridge.  
Tel. C. 276305

REFLEXOLOGY \*Mrs. L.  
Baker - see "Bach Flower  
Remedies" \*Sujato Houwen -  
see "Bach Flower Remedies"  
\*Brenda Mallen - see  
"Massage"

RELAXATION THERAPY  
\*Cathy Squire - see  
"Polarity Therapy"

SAMARITANS \*24-hour  
telephone service. Call in

ADENDA to NHS DIRECTORY:

ART EDUCATION Pete & Angi Jackson-Main Tel: C.276637  
HERBALISM Arthur C Hyde, Hawthornden, 182 Park Rd.  
Peterborough. Tel: P.63886

OSTEOPATHY: Roger Giddings BA DO MRO. Registered  
Osteopath. 327 High Street, Cottenham.  
Tel: Cottenham 51735  
A W R Mason & J W Mason, 271 Thorpe Rd.  
Peterborough. Tel: P.263311

TRADITIONAL AFRICAN HEALING: Massage & Manipulation. Sagar  
Ngom of Senegal. Tel: C.212997

at 1 Parker Street, (nr.  
Drummer St. Bus Station) 9  
a.m. - 10.30 p.m. Tel. C.  
66455

SHIATZU \*Rhea Monro, 3  
Woodlands Park, Girtton,  
Cambridge. Tel. C. 276500  
\*Shruti Gordon, # Herbert  
Street, Cambridge. Tel. C.  
351227

SPIRITUAL HEALING \*Prem  
Arihanto - see "Massage"  
\*National Federation of  
Spiritual Healers, Vernon  
Robinson, 114 Blinco Grove,  
Cambridge. Tel. 2444 14

TOUCH FOR HEALTH  
(Applied Kinesiology) \*Romy  
Paine, 27 De Freville  
Avenue, Cambridge CB4 1HW  
Tel. C. 354734

YOGA \*Cathy Lowenstein -  
see "Acupuncture" Desikachar  
Yoga \*Sue Prynne, 17 Ferry  
Path, Cambridge. Tel. C.  
352042 \*Ian Rawlinson - see  
"Acupuncture" \*Lucette  
Stevenson - see "Polarity  
Therapy" Integral Yoga  
\*Jenny Duff, The Beeches,  
59 Everston Road, Harlton.  
Tel. C. Comberton 3567 \*Hugh  
Frost, 6 Paddock Way,  
Sawston. Tel. C. 833120  
\*Paddy Squire, 4 Paddock  
Way, Sawston. Tel. C. 833458  
\*Lyn Wimmer, 37 Victoria  
Rd., Cambridge. Tel. C.  
60227 \*Brenda Wright, 41  
Dunstal Field, Cottenham.  
Tel. C. Cottenham 50755

## DEEP TISSUE MASSAGE

POSTURAL INTEGRATION (Student Practitioner)  
PULSING

Carolyn Milbank, 3 Pretoria Rd., Cambridge. C: 316411

## EXHIBITION of PAINTINGS

Sept. 29th. - Oct. 5th.

11 am - 5 pm daily



by  
PETE AND ANGI  
JACKSON - MAIN  
at their home, 29 St Vincents Close, Girtton, Cambs.

# Green Studies

SOME INTERESTING CLASSES BEING OFFERED BY THE LOCAL  
EDUCATION AUTHORITY IN AND AROUND CAMBRIDGE

## ALTERNATIVE MEDICINE



Littleport Village  
College

Mon (6 wks)  
starts 1.10.

Parkside Community  
College

Tues (10)  
Spring term

Coleridge

Thurs

## ART AS SELF- DISCOVERY

Netherall Centre  
(Gabrielle Oliver)

Thurs (10)

## BACK SCHOOL: HEALTH AND POSTURE

Parkside

Tues (6)

## COOKERY - WHOLEFOOD

Chesterton  
(Dorothy Horner)

Wed

## VEGETARIAN

Parkside  
(Karen Barker)

Tues (10)  
Spring term

## DYNAMICS OF THE NUCLEAR AGE

Parkside  
(Dr. G. Prins)

Mon. 7.30 (20)  
\*Thurs 2.00

## HEALTH CHOICES

Littleport

Mon (8)

## HERBS FOR HEALTH

Linton Vill. Coll.  
(Mrs. B. Gregg)

Tues (10)

## HEALTH & SAFETY AT WORK (joint WEA/ Trades Union Congress)

Chesterton Comm.  
College

Thurs 8.30 -  
4 p.m.

## LOOK AFTER YOURSELF (Health Education Unit, Cam. Health Authority)

Netherhall Centre  
(Rachel Burton)

Thurs (10)

Linton Vill Coll.  
(Mrs J. Leggo)

Mon (10)

Coleridge

Thurs 10 am -  
midday

Chesterton  
Babs Hancock

Tues (10)

## MEDITATION

Parkside  
(John West)

Tues (10)

## STAND YOUR GROUND Womens guide to self-preservation

Netherhall

Wed (10)



|                                   |                                                                   |             |
|-----------------------------------|-------------------------------------------------------------------|-------------|
| TAI CHI                           | Parkside<br>(Bronwyn Hipkin)                                      | Tues        |
| TOUCH FOR HEALTH                  | Coleridge                                                         | Tues        |
| WHOLEFOOD LIVING                  | Netherhall Centre                                                 | Tues (3)    |
| WITCHCRAFT                        | Manor Comm. Coll.<br>(Prudence Jones)                             | Wed.        |
| WOMEN, OUR FAMILIES,<br>OURSELVES | Netherhall Centre<br>Cherryhinton Primary<br>School (Sue Gibbons) | *Thurs (10) |
| WOMEN - SELF-<br>DEFENCE          | Parkside<br>(O. Batts)                                            | Tues.       |

All classes are in the evening unless otherwise stated - check with colleges for starting times.

All classes start the week beginning 17th September unless stated.

\* Classes with possible creche facilities.

YOGA

classes at most  
colleges - see also  
YOGA section in the  
Natural Health Directory

## WOMEN'S RESOURCES CENTRE

A FULL PROGRAMME OF COURSES ON THE FOLLOWING SUBJECTS:

Computers; Women & Health; Self-Preservation; Tai Chi;  
Assertiveness; Home Maintenance; Yoga; Carpentry;  
Dance; Video.

Detailed programme available from  
7c Station Road, Cambridge. Tel: C.321148  
Free Childcare available.



WHAT'S

ON

All events are in Cambridge unless otherwise stated.

\* See General Directory for details of contact

+ See N.H.S. Directory for details of contact

### SEPTEMBER

- Mon 17 "THE DYNAMICS OF THE NUCLEAR AGE" University of Cambridge Board of Extra-Mural Studies - 20 meetings Mon. 7.30 at Parkside, or Thurs. 2 pm History Faculty - Dr. Gwyn Prins details: Graham Peglar, Parkside Comm. College C. 355233
- 21/22/23 MENS TAI CHI AND MEDITATION - introductory led by Sthirananda, at Padmaloka, Surlingham, Norwich £22 (£16 low income) phone (050 88) 8112
- 22-23 POLARITY THERAPY introductory course Sat 10-6, Sun 10-4 Pete Jackson + C. 276637
- 22-23 TOUCH FOR HEALTH advanced course contact Romy Paine C354734
- Mon 24 "THE POLITICS OF MEDICAL RESEARCH FUNDING" A meeting with the Cambridge Society for Social Responsibility in Science. Friends Meeting House, Jesus Lane, 8 pm details Lowana: C. 322304
- Tues 25 COMPULSIVE EATERS GROUP - see regular groups
- Tues 25 DO YOU CARE ABOUT ... series WORLD RELIGIONS ? Chesterton Community College 7.30 pm 60p
- Thurs 27 STOP THE CITY DEMO - Tony and Sally tel. Colchester 867615
- LIVE YOUR ASTROLOGY start 10 week therapy group based on the birth chart. Prudence Jones C. 323299
- 29 - 5 ART FOR YOUR SAKE Exhibition of paintings by Angi and Pete Jackson-Main C. 276637 see also events Oct 3, 13th and Nov. 17th.
- Sun 30 WOMENS INTRODUCTORY MASSAGE WORKSHOP 10 - 4 pm with Gill Westland & Sue Bryson phone Gill: C. 210240

OCTOBER    OCTOBER    OCTOBER    OCTOBER    OCTOBER    OCTOBER    OCTOBER

- Mon 1 Start GESTALT on-going - see regular groups    ✱
- Wed 3 ART FOR YOUR SAKE - talk & discussion "Creativity as a Healing Process" 7.30 pm Free 29 St Vincents Close, Girton, Cambridge. Tel: C 276637
- Fri 5 WOMENS RESOURCES CENTRE 8 pm Older Womens evening - discussion following the showing of video "Invisible Women"
- 5 - 14 LIVERPOOL PEACE FESTIVAL '84 - details: Peace Festival c/o Peace shop, 91 Whitechapel, Liverpool L1 6DX phone: (051 236) 0748
- 6 - 7 BRITISH UNION FOR THE ABOLITION OF VIVISECTION - all night vigil outside Huntingdon Research Centre contact Jan at Peterborough (0733) 236403 for details
- Mon 8 POLITICS OF ENERGY - Cambridge Society for Social Responsibility in Science. Wesley Centre 8 pm details Lowana 322304
- Tues 9 PEACE CONCERT - FREE - Royal albert hall, London see pg. 26
- Tues 9 DREAM WORKSHOP start 6 sessions dep. £12 by 26th Sept. £6 per session - contact Helen McLean C. 350649
- Tues 9 DO YOU CARE ABOUT ... series "THE THIRD WORLD" Chesterton Community College 7.30 pm 60p
- 9 - 10 Visit the VEGETARIAN SOCIETY STALL at Kelsey Kerridge Sports Hall \*
- 10 - 31 POLARITY THERAPY INTRODUCTORY COURSE - 4 Weds. evenings 7.30 - 10 pm £20 - Peter Jackson +
- Sat 13 "SO YOU THINK YOU CAN'T PAINT"? Art class for those who are convinced they have no talent 10am - 5 pm £8 - Angi & Pete Jackson-Main see directory under "Art Education"
- 13 - 20 THE NEW ECONOMIC AGENDA - A sharing of perspectives - A conference of the Findhorn Foundation - info from The Conference Secretariat, Findhorn Foundation, The Park, Forres, Scotland IV36 0TZ phone: (0309) 73655
- Sun 14 CREATIVE ASTROLOGY WORKSHOP - The Four Angles of the Horoscope. Prudence Jones C. 323299
- Sat 20 MOLESWORTH WHEAT TO THE STARVING - Planting (see pg 4)

| OCTOBER | OCTOBER                                                                                             | OCTOBER | OCTOBER | OCTOBER | OCTOBER |
|---------|-----------------------------------------------------------------------------------------------------|---------|---------|---------|---------|
| Mon 22  | "OBSTETRICS - THE SEARCH FOR SAFETY" Cambridge Soc. for Social Responsibility in Science. C. 322304 |         |         |         |         |
| Sun 21  | MIXED INTRODUCTORY MASSAGE WORKSHOP - with Gill Westland & Illya Jennings phone Gill: C 210240      |         |         |         |         |
| Wed 24  | COMPUTERS FOR GIRLS - Womens Resources Centre - C 321148<br>10 am - 1 pm                            |         |         |         |         |
| Sun 28  | WOMENS INTRODUCTORY MASSAGE WORKSHOP - see 21st Oct.<br>with Gill Westland and Sue Bryson           |         |         |         |         |

NOVEMBER NOVEMBER NOVEMBER NOVEMBER

|         |                                                                                                                                                                       |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mon 5   | "SCIENTISTS & SOCIETY'S ATTITUDES TO ANIMALS" - Cambridge Society for Social Responsibility in Science. Friends Meeting House, Jesus Lane, 8 p.m. Lowana: C 322304    |
| Tues 6  | DO YOU CARE ABOUT ... series "PEACE" ? Chesterton Community College. 7.30 pm 60p                                                                                      |
| Wed 14  | NEO-REICHIAN GESTALT - an awareness training programme<br>5 Wed. evenings 7.30 - 10 pm Peter Jackson C 276637                                                         |
| Fri 16  | GREEN CEILIDH with STACEYS BRACES - tickets available from F.O.E. Bath House and we hope Arjuna                                                                       |
| Sat 17  | ART FOR YOUR SAKE - More advanced class. Self exploration & artistic production. 10 am - 5 pm £8 - Angie & Pete Jackson-Main C. 276637                                |
| Mon 19  | "SHOULD PESTICIDES & FERTILIZERS BE USED ON CROPS" ? meeting with Cambridge Society for Social Responsibility in Science. Friends Meeting House 8 pm Lowana: C 322304 |
| Tues 20 | DO YOU CARE ABOUT ... series "THE ENVIRONMENT" ? Chesterton Community College 7.30 60p                                                                                |
| Sun 25  | WOMENS INTRODUCTORY MASSAGE WORKSHOP 10 am - 4 pm<br>with Gill Westland & Sue Bryson phone Gill: C 210240                                                             |

| STOP PRESS                                                                                                                                                                      | STOP PRESS                                                                                                                                  | STOP PRESS | STOP PRESS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|
| SEPT. 20-30                                                                                                                                                                     | WOMENS PEACE CAMP - Petersfield - Bus to Greenham on 30th phone Sue C312811 or Frances C 213758                                             |            |            |
| OCT 3rd                                                                                                                                                                         | ELY F.O.E. Public meeting at The Maltings, Ely, 7.30 pm 50p - debate on GOVERNMENT PESTICIDES CONSULTANCY PAPER tel Mary Edwards Ely: 61594 |            |            |
| Too late for inclusion: NORWICH COLLECTIVE - group approaches to PERSONAL DEVELOPMENT - programme of workshops available from them c/o Crown House, Horsham St. Faith, Norwich. |                                                                                                                                             |            |            |

# Regular Groups

## ANIMAL AID

1st Wed. each month 7.30  
Wesley Hall Joan Court  
tel. C: 311828

## ASTROLOGICAL ASSOCIATION

Monthly group for practising astrologers; Jans Giddings, Cettenham: 51735

## ANTI-APARTHEID

Tuesdays monthly. Brian Williams C: 351078

## BIO-ENERGETICS

Margaret Dyson  
4 Kimberley Road  
Cambridge C: 67311

CAMBIENT (Cambridge & Isle of Ely Naturalists Trust) Meetings, outings  
Joy Greenall C: 358144

## C.N.D.

1st Tues of month 7.30  
Friends Meeting House  
Cambridge

## COMPULSIVE EATERS GROUP

Prudence Jones  
21 Shelley Gardens  
C: 323299

## DROP-IN CENTRE

for 16-25 unemployed  
Overstream House  
Thurs 2-6pm C: 350967

## ECOLOGY PARTY

3rd Wed each month 8 pm  
Eagle Pub, Benet St.  
Yvonne Douglas C: 211149

## AFRICAN DANCE

Classes with Sagar Ngom  
of Senegal - Fridays  
Bath House, 3 pm  
C: 212997

## ASTROLOGY

Beginners Class Sundays  
7-9 pm 37 Victoria Rd  
Max Helloway C: 60227

Therapeutic approach  
"Live your Astrology"

Prudence Jones C: 323299

## ESPERANTO SOCIETY

1st Monday monthly  
B. Haswell 56 Tower St.  
Old Fletton, Peterborough  
Tel. P'boro 41032

## FRIENDS OF THE EARTH

Business meeting 4th Tues  
Speaker meeting 2nd Wed  
Bath House open 12-3 pm  
Tel. C: 312800

## GESTALT THERAPY

Brenda Biamonti  
24 Hertford Street  
Cambridge 62691

Helen McLean  
13 Oxford Road  
Cambridge 350649

## SHIATSU

Ma Prem Shruti  
Tel. C: 351227

Training Course by Dr  
Phung Ly - contact  
Rhea Monroe C: 350917

## TOUCH FOR HEALTH

Remy Paine  
27 de Freville Ave.,  
Cambridge 354734

## VEGETARIAN SOCIETY

2nd Monday monthly  
Eagle Pub, Benet St 8 pm  
Bernard George, tel.  
Willingham (93) 60571

Meet Your Fellow  
***GreenWave*** Readers!



at the Cambridge

**GREEN CEILIDH**

TICKETS AVAILABLE FROM FRIENDS OF THE EARTH  
THE BATH HOUSE, GWYDIR STREET,  
CAMBRIDGE

WITH

***Stacey's Braces***

**NOV 16th**